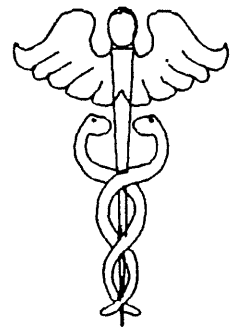
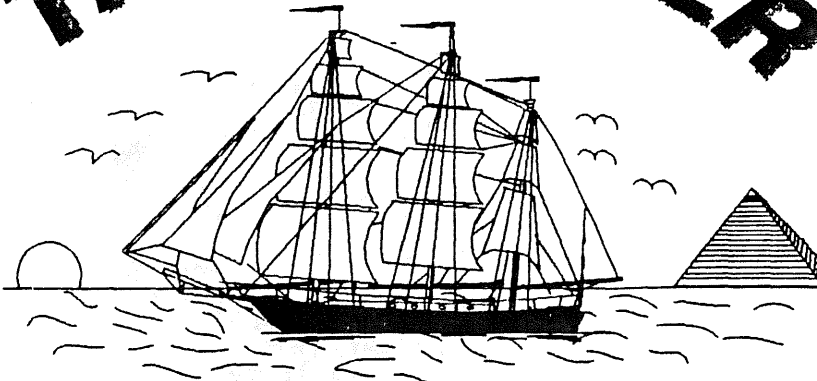


THE *CLIPPER



NAVAL HOSPITAL, MILLINGTON, TN

NOV 92

VOL. 1 NUM 10.

Chaplain Mike's Thanksgiving Message

'Oh give thanks to the Lord, for He is GOOD!' (I Chronicles 16:34)

Each year, each month, each day, each hour, each minute and indeed every second should be given as 'Thanksgiving' to the Lord, but a designated day to offer thanks to God for His many blessings is a glorious privilege. David wrote in Psalm 68, 'Blessed be the Lord, who daily loads us with benefits' (vs. 1).

On this special day of observance I believe we should take time to review our 'benefits' and with grateful hearts, recognize that 'every good gift...is from above' (James 1:17).

We, reading this message, have more than three-quarter of the earth's inhabitants. We have more food, shelter, clothing, money, education, clean water, jobs, health, blankets, freedom, opportunities, mobility, etc! But, do you know what is constantly heard? 'I don't like the way my food was cooked! Why can't I have a four-bedroom house! My clothes are out-of-style! I need to lose weight! When am I going to get more money? I wish the Navy would get off my back. This water has too much chlorine! Why don't 'they' run this government the way 'they' should? I am so bored! The 'Bible thumpers' around here bug me!

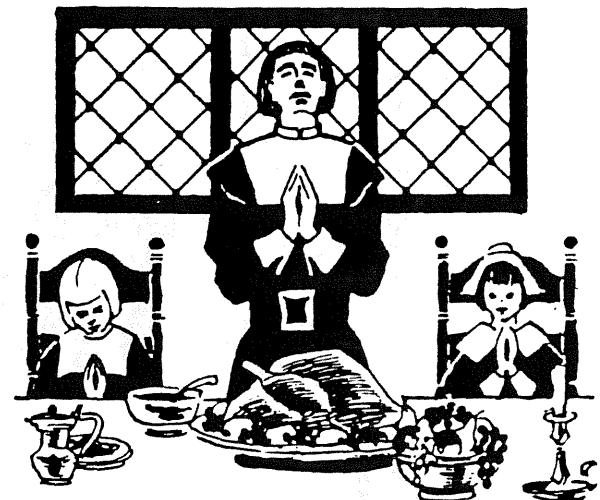
Stop! Wait!! Hold on!!! Just one minute!!!! Let us LOOK at the Lord's 'benefits' that we do have that others on this planet never would have in a lifetime to ever even complain about. Let's count our blessings, not our losses. Realize what and who to be thankful for!

We will have an entirely different view of these things when we allow ourselves to SEE the myriad blessings the Lord in His Grace has bestowed on us. Let us measure needs over wants and the needs that are consistently met should cause us to exclaim as the Psalmist 'I will praise the Name of God with a song, and will magnify Him with Thanksgiving' (Psalm 69:30).

In His Thankful Service and Yours,

Chaplain Mike

THANKS GIVING



Friends and Neighbors

Corpsmen volunteer for community service



Replacing shingles

Ray Lakes and Ron David work on replacing shingles on the porch roof of a local residence. Their work was part of a community service projects by first and second class corpsmen from the Navy Hospital.

**By Harry Hix
Star Publisher**

Working with patience, not patients, medical corpsman from Naval Hospital Millington administered a dose of community service Friday and Saturday with their carpentry skills.

Several members of the First and Second Class Petty Officers Association at the Naval Hospital volunteered their time and effort Friday afternoon and part of Saturday to repair, re-roof and reshingle the porch for a senior citizen at 5148 North St.

The effort was the first of what the group hopes will be frequent community service endeavors.

"We're looking for a chance to do volunteer work," Ron David, a spokesman for the association, said.

"We want people to know that the Navy is not just occupying space here. We want to do something in the community."

That something can be any of a variety of activities or projects, David said.

"We'll do anything—play checkers with someone who needs companionship, do lawns, trim trees. We just want to show that we are willing to help," he said.

The group, he noted, is seeking to donate its time and effort for volunteer work.

"We can't give financial donations, but we can donate our time and labor," he explained.

When the petty officer association decided recently to perform community service projects, the members encountered some difficulty in getting specific projects to do.

David said his group contacted the local police, some churches, a foundation, and several individuals before finding its first project.

"There were a lot of phone hours involved and it took time to orga-

nize this," David said.

The porch repair project was recommended to the organization by a representative of Second Baptist Church, who told them that the elderly woman living at the house was unable to have the repair work done though there was a real need for it.

They received \$100 from Second Baptist and Charles Cole of Cole's Do-It Center donated the supplies needed. With that, the group gathered Friday afternoon to start to work and completed the mission on Saturday.

David said all the workers volunteered their time and effort, and the hospital command gave them time off Friday to take part in the project.

Before beginning the work, David said the group talked with the woman to get her permission and to see what needed to be done and then put together a supply list.

Association members working Friday and Saturday were HM1 Curt Van Hooser, John Estes, Ray Lakes, Ron David, and Brian Ehrichs, HN1 Karen Dumbrowski, DT1 Felton Johnson, HM2 Tyrone Willis and Ervin Graves, and HN Krystal Hadley.

Anyone with a suggestion or request for a community service project for the group should call David at 873-5940 or Association President Paul Romero at 873-5848.

The group will vote on any request or suggestion, but David said he didn't expect them to turn down any real needs which they felt confident of being able to fulfill.

"Just call and we'll jump on it right away," David said.

"The hard thing was to find someone for the first project. Now, the community will know we are here and we may get more than we can do."



Roof repair

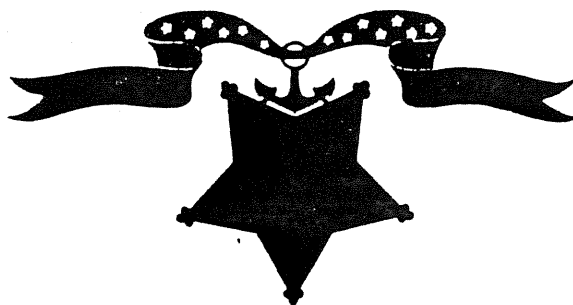
Curt VanHooser and John Estes do some roof repair on the porch of a Millington resident's home Friday as part of a community service project by members of the First and Second Class Petty Officers Association at the Navy Hospital.



Picking up shingles

Brian Ehrichs, Karen Dumbrowski, Krystal Hadley and Ervin Graves pick up shingles and load them into a pickup Friday afternoon. The shingles were from a porch roof members of the First and Second Class Petty Officers Association of Navy Hospital were repairing for a local resident. The association is seeking projects it can do as community service. All work is volunteer.

SERVICE WITH DISTINCTION



The President of the United States in the name of The Congress takes pleasure in presenting the MEDAL OF HONOR to

HOSPITAL STEWARD
WILLIAM S. SHACKLETTE
UNITED STATES NAVY

for service as set forth in the following

CITATION:

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty on 21 July 1905. While serving on board the USS BENNINGTON at the time of the explosion of a boiler of that vessel at San Diego, California, Hospital Steward Shacklette displayed extraordinary heroism. By his courage, daring initiative, and unwavering devotion to duty in the face of extreme personal danger, Hospital Steward Shacklette sustained and enhanced the finest traditions of the United States Naval Service.

BRANCH SPOTLIGHT
LT. DOUGLAS KARMEL

BY: DARREN CAWTHON HM2

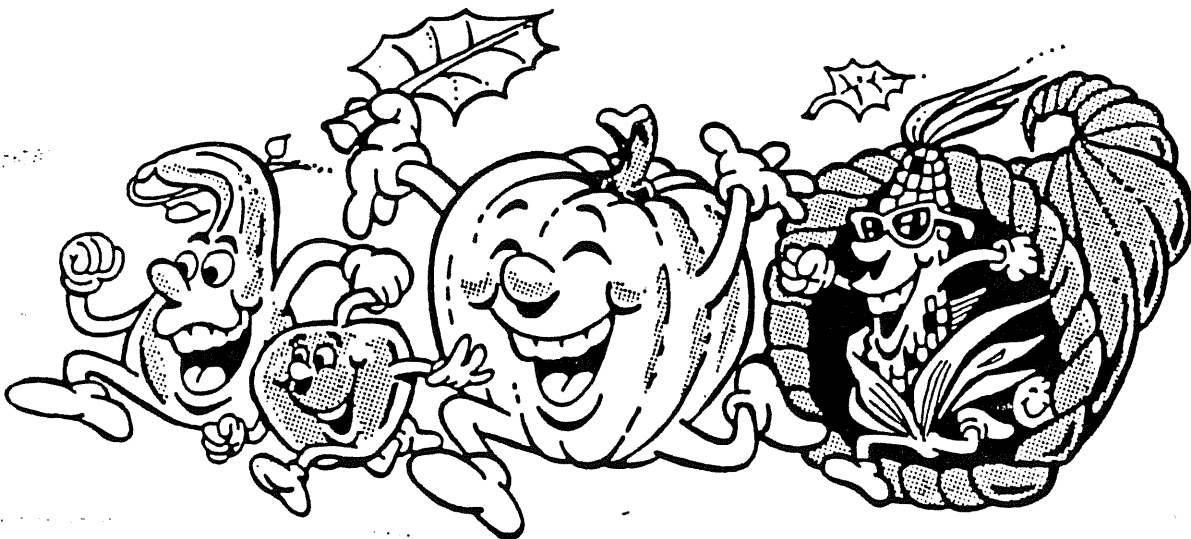
Picture this: flight boots, olive drab flight suit, tinted aviator glasses, and brown hair. Is it "Maverick", "Goose", or "Viper"? No it's "Doc" and make no mistake about it, he is Naval Hospital Millington's TOP GUN!

LT. Douglas Karmel started his life simply enough on 27 September 1963. He grew up in Long Island, N.Y. and graduated Glen Cove High School in 1981. College came next at the State University of New York at Albany followed by private medical school at New York Medical College on a Health Profession Scholarship from the Navy. Upon completion he was selected for internship at the National Naval Medical Center at Bethesda, MD. During his teenage years he volunteered most of his time at area hospitals and medical school had for a long time been in his plans for the future.

Not being one to settle for the ordinary, LT. Karmel applied for Flight Surgery School at Pensacola and was accepted for the seven month course of both didactic and clinical training in Aviation Medicine. Again going above and beyond, he learned to fly the TH-57 B helicopter while there.

In April of this year Dr. Karmel reported aboard this command. Being the youngest doctor on board did not afford him a soft transition as might be expected, as he is one doctor filling the billet for two. Busy as he may be he always has time to fully discuss each patient's case with them. He is the head of Aviation Medicine, Overseas Screening, Occupational Medicine, and is the medical PRT coordinator for all of NAS. If that isn't enough he is also attached to all three squadrons on base. "Doc" says he enjoys the variety afforded by this as VP-67 uses P-3 Orions, VR-60 uses C-9 Transports, and MAG-41 uses A-4 Tactical Attack Aircraft. "Experiencing life in the shoes of my patients helps me to better understand their problems" says "Doc". Though keenly in tune with his patients he never forgets his Corps Staff. He is extremely dedicated to making sure they are aware of all the educational opportunities available to them through the Navy.

If by chance he finds himself with a couple of spare minutes, LT. Karmel enjoys tennis, golf, and softball. He always manages to find time to watch the annual Army vs. Navy football game. He feels that it is his duty to defend Navy from his father who is a retired Army Captain.



Security Guardian

Now that Security Guardian has been loaded and passwords issued, it won't be long before passwords need to be changed again (every 30 days).

There are two ways that passwords can be changed:

(1) At the signon screen a message will appear that your password has expired.

Type in the old password first, then enter new password. The new password will have to be entered twice.

(2) TASO's (01 users) can change all passwords at one time through the System Manager's Menu.

Select System Manager's Menu

From the System Manager's Menu select: E. User Maintenance

TASO type in your password

Go to each USER and change passwords (you will have to type the password twice) <user's manual Chapter 3-16>

<F2> to exit

<F2> to exit again

=====

SCREEN BLANK

It is important that you always logoff after you finish your work or if your plan to be away from the computer for more than 10 minutes.

After 10 minutes the screen will blank and the user logged on at the time will have to type in their password to get the screen back on.

TASO's can retrieve blank screen by using their password to override user password. If user or TASO is not available, reboot your system (but remember, if your work was not saved you just lost it!!!)

ASKING FOR A LETTER OF RECOMMENDATION
Submitted by: LTJG Scott A. Olivolo, MSC, USNR

Since coming onto active duty in January of 1991 and soon afterward becoming the Division Head for Outpatient Administration, I have received numerous requests for letters of recommendation. These have ranged from recommendations for C-School, Officer Candidate School, Nursing School etc...

In receiving such a large amount of requests, many supervisors are often left with a unique dilemma. Supervisors are often put in the precarious position of chasing down individuals for pertinent information. This frustration has led me to read a bit into some articles and extrapolate some very useful information.

When requesting a letter of recommendation, the responsibility should rest on the requestor to compile the information necessary for the supervisor to write an informed, accurate letter that will serve them well in the particular program or position in which they are applying. If this is not done, it can lead to increased headache for the supervisor and, at best, a letter that does not fully serve the purpose the requestor had intended.

In this light, I have prepared a short letter that anyone requesting a letter of recommendation could/should submit to their supervisor.

01 Nov 92

MEMORANDUM

From: HN Smith
To: HMC Jones

Subj: INFORMATION FOR LETTER OF RECOMMENDATION

1. Thank you for your willingness to write a letter of recommendation on my behalf (assume you already asked this person first). This letter is a very important part of the application process for

2. The following information is enclosed to assist you in writing the letter:

3. - Name and address of the person/institution to receive the letter. This will include professional rank, title or "To whom it may Concern."
- A brief description of the program/position you are applying.
- Your complete proper name; including rank and social sec #.
- The length of time the supervisor has known you (this will help refresh the supervisor's memory).
- Any special accomplishments you would like included in the recommendation, ie; Navy Achievement Medal, etc.
- Any deadlines/time frames for when the recommendation is needed.
- If needed, a stamped, self-addressed envelope to mail the letter.

4. Again, sir/ maam/ Chief/, thank you very much for your time and effort.

Very Respectfully,

HN T. J. SMITH

Above all, please keep in mind, letters of recommendation are an integral part of almost all positions in which you may apply. The time you put in preparing this letter will most likely be reflected in the final product.

EEO NOTE:

EEO COUNSELORS

Did you know that Equal Employment Opportunity (EEO) Counselors are neutral parties whose job it is to resolve a discrimination problem in the informal stage? They do not represent management or the precomplainant. Their goal is to resolve the problem through negotiation. When they accomplish this, both parties win. Therefore, both parties are obligated to cooperate with the EEO Counselor involved to work out a resolution that is acceptable.

Selective Training and Re-enlistment Program (STAR)

Program Description

The Selective Training and Re-enlistment incentive program (STAR) offers career designation and guaranteed advanced school training to active duty first-term enlisted men and women who re-enlist.

Program Incentives

- guaranteed class "A" school, or
- guaranteed class "C" school, if qualified
- guaranteed advancement to second or third class petty officer upon completion of the school
- Selective Re-enlistment Bonus (SRB), if qualified

Program Eligibility

- not be serving in a career re-enlistment objective (CREO) group rating on the controlled or critical skills list
- be a second or third class petty officer or an E-3 designated striker, serving on a first enlistment
- have at least 21 months, but not more than six years, of continuous active naval service and not more than eight years' active military service
- agree to re-enlist for six years in the regular Navy
- meet the minimum test scores required for the class "A" school
- have an evaluation average of at least 3.5, with no mark below 3.4 for the past two years
- have not previously re-enlisted under the Selective Conversion and Re-enlistment (SCORE) program
- have no non-judicial punishment nor court-martial conviction in the past 18 months
- be recommended by the commanding officer for career designation

Program Procedures

The member must apply for career designation under the STAR program. The applicant should include a copy of the enlisted performance record.

Commanding officers should determine if the member is eligible for re-enlistment for an SRB.

Commanding officers may approve STAR requests if the member is fully qualified. Commanding officers may *not* guarantee specific advanced training. Training is assigned by the Chief of Naval Personnel (PERS-292B).

After STAR re-enlistment, members may ask their detailers for specific training assignments.

Members must re-enlist within six months of the STAR re-enlistment date and before attending "A" or "C" school.

Special Procedures

Special procedures for STAR re-enlistments apply to divers, special warfare and explosive ordnance disposal personnel and to those in the nuclear field.

Members in these categories should check specific points of the program which may apply to them.

For More Information

For more information on the Selective Training and Re-enlistment program, visit your command career counselor or a command retention team member.

Submitted by: HM1 SANTEE

Ext: 5839 ROOM: 227

YOU AND THE NAVY. FULL SPEED AHEAD.

Nov. 23, 1992

National Military Family Recognition Day

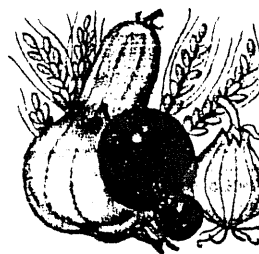
An important foundation of our military team



SMOKE OUT



NOVEMBER 19, 1992



ADOPT A SMOKER PROGRAM

The Great American Smokeout is 19 November. Show your concern for a friend, family member or co-worker by adopting a smoker for the day to help them go this one day without smoking or tobacco use. It's really quite easy - just identify the person you would like to stop smoking/tobacco use and ask them if they are willing to participate in the Great American Smokeout.

Your job then is just to support them anyway you can through the day.

Some suggestions:

- Provide hard candy (cinnamon disks are good!)
- Buy them a flower and card of encouragement.
- Make sure they have lots of water to drink during the day.
- Carrot and celery sticks are good alternatives for the usual smoke break.
- Accompany them on a walk around the building when they usually go stand and smoke.
- Encourage a few deep breaths when the urge for tobacco is felt.
- Be a cheerleader all day with notes, phone calls; any word of concern and encouragement that they are capable of going one day without tobacco use.
- Offer to go PT with them after work.
- Give a handshake, hug, go out to dinner, do something to celebrate their success at the end of the day.

Personnel support from friends and family can make a difference in someone's success. Make a difference - adopt a smoker on 19 November.

AIDS - A DEADLY DISEASE. A PREVENTABLE DISEASE

By HMI(AW) T.J. GOUGH

Acquired Immunodeficiency Syndrome (AIDS) is a disease caused by a family of human viruses called retroviruses. The retrovirus family is called Human Immunodeficiency Virus (HIV). When an individual is HIV positive, that individual is at risk for developing AIDS. When a person becomes ill with AIDS, he/she is in the final stages of a series of health problems. The AIDS virus attacks a person's immune system and damages the body's ability to fight other diseases which are caused by bacteria, protozoa, fungi, and other viruses. At the present time, there is no known cure for AIDS nor is there a vaccine to prevent it. Since the first reported cases of AIDS in the United States in 1981, the number of cases has doubled nearly every year. It is estimated that 1.5 to 2 million people may be infected with the virus, most of whom do not yet know they are carriers. AIDS is a very serious health problem which may affect any person regardless of race, sex, age, socioeconomic standing, religious affiliation, or sexual preference. Fear and panic are not the answers to preventing AIDS. Protecting yourself from AIDS involves learning the facts and taking proper precautions. Research has shown that AIDS is primarily transmitted in four ways: through sexual contact with an infected individual, through sharing a hypodermic needle with an infected individual (when "shooting" drugs), through an infected mother to her baby before (in utero), during (through birthing procedure) and after birth (through breast feeding), and less commonly through blood transfusions. All blood products are screened and rejected if positive for HIV, hepatitis B or syphilis. This significantly reduces the potential of exposure to HIV through blood transfusions. The HIV is NOT spread by insect bites, by sitting next to someone, by sharing office furniture or equipment, by eating in a cafeteria, by shaking hands, by using public or private restrooms, by using water fountains, telephones or utilizing swimming pools, hot tubs, steam rooms or saunas. AIDS symptoms include excessive weight loss, persistent fever and "night sweats", swollen glands, constant fatigue, and loss of appetite. These symptoms may take 8-10 years to develop. Once infected, approximately 60% of the people do not develop the symptoms of AIDS. Currently, there have been over 55,000 Americans who have developed AIDS and over half of these have died. By the end of 1991, an estimated 3 million people will become HIV positive. Additionally, 270,000 cases of AIDS will be diagnosed

and 179,000 deaths will have occurred. AIDS is deadly; however, AIDS is also preventable if personal lifestyles are changed. It is the responsibility of every citizen to be informed about AIDS and to exercise the appropriate preventive measures. HIV can infect anyone who shares syringes or needles or who has sex with an infected partner. So, the first way to protect yourself is to say NO to drugs. Don't "shoot" drugs of any kind. If you do shoot drugs, never share your needles or syringes, and get help by calling the Drug Abuse Hotline (1-800-662-HELP). Drugs of any kind can threaten your health and safety. The second way to protect yourself is to say NO to any kind of sexual relationship. Making responsible choices about sex is an important part of life. Before engaging in sexual contact, know how to prevent pregnancy and sexually transmitted diseases such as gonorrhea, syphilis, and AIDS. Do not have sex with prostitutes. Studies show that 40-50% of male and female prostitutes are HIV positive. The risk of infection increases with the number of sex partners (male or female) one has. The more partners you have, the greater the risk of becoming infected. Couples that maintain a mutually faithful monogamous relationship significantly reduce their risk of exposure to HIV (unless one member of the couple is already HIV positive). Couples that have maintained a mutually faithful monogamous relationship for the past five years and are continuing their monogamous relationship are virtually not at risk for exposure to HIV through sexual transmission. Studies have shown the latex condom with a spermicide is effective in protecting both partners from exposure to HIV and sexually transmitted diseases when used properly. Do not use natural (lambskin) condoms. Use only water-based lubricants. Petroleum jelly and other oil-based lubricants cause the condom to break down and therefore decrease effectiveness. Never reuse a condom and dispose of it after use in an appropriate receptacle. Practice good personal hygiene by urinating after sex and by washing both hands and genitals after sex. Both males and females can readily and inexpensively purchase condoms with spermicide and carry them discreetly. Condoms can be found in the personal hygiene section of several drugstores as well as at the perfume counter. Remember condoms are NOT 100% effective in preventing pregnancy, sexually transmitted diseases or exposure to HIV. By using latex condoms with a spermicide and by reducing the number of sex partners, you will greatly reduce the potential of exposure to HIV. Preventing AIDS is not a matter of luck. Know the facts, and take the precautions. You should also be alert to new developments in AIDS research.

More information about AIDS can be obtained by calling the AIDS Hotline (1-800-342-AIDS). Presentations on AIDS/Sexually Transmitted Disease Prevention and the Navy's AIDS Policy may be arranged by Occupational Health/Preventive Medicine Department at 872-5654/5657.

